

# GREENBELT AQUATIC & FITNESS CENTER

## Aerobic Classes and Adult Swim Lessons Registration Dates

**Summer Session I :** June 13 – July 8

Passholders & Residents register: May 30 & 31  
Open registration: June 1 – until classes are filled

**Summer Session II:** July 18 – August 12

Passholders & Residents register: July 4 & 5  
Open registration: July 6 – until classes are filled

**Summer Session III:** August 29 – September 23

Passholders & Residents register: August 8 & 9  
Open registration: August 10 – until classes are filled

Register in person at the GAFC between **6:00am and 10:00pm** for all dates noted above.

Class rates do not include use of fitness wing or pools, before or after class times.

The **indoor pool** will be closed August 22 – August 28 for annual cleaning.

**PLEASE DO NOT PRE-WRITE CHECKS. CLASSES ARE PRO-RATED FOR HOLIDAYS.**

### Water Aerobics Classes (16 years+)

**PH = Passholder**

**R-NPH = Resident-Non Passholder**

**NR-NPH = Non Resident-Non Passholder**

Activity	Day	Time	Instructor	PH	R-NPH	NR-NPH
Aquacize	M/W/F	8:00am-8:45am	Kathy	\$35	\$40	\$45
Aquacize (SSIII ONLY)	M/W/F	10:00am-10:45am	Martha	\$35	\$40	\$45
Aquacize	M/W	7:00pm-7:45pm	Dan/Sylvia	\$30	\$35	\$40
Aquacize	Tu/Th	7:45am-8:30am	Marsha	\$30	\$35	\$40
Aquacize	Tu/Th	6:00pm-6:45pm	Evin	\$30	\$35	\$40
Aquacize	F	6:00pm-6:45pm	Sylvia	\$2	\$5	\$5
Arthritis Aquatics	M/W/F	2:00pm-2:45pm	Sharon	\$35	\$40	\$45
Deep Water Aerobics	M/W	7:00pm-7:45pm	Sharon	\$30	\$35	\$40
Deep Water Aerobics	Tu/Th	6:00pm-6:45pm	Sharon	\$30	\$35	\$40
Deep Water Arthritis	M/W/F	3:00pm-3:45pm	Sharon	\$35	\$40	\$45
Water Interval Training	M/W	6:00pm-6:45pm	Dan/Sylvia	\$30	\$35	\$40

**DROP-IN TO ANY WATER AEROBICS CLASS DURING SUMMER SESSIONS I, II, AND III  
(THIS DOES NOT APPLY IF CLASS IS FILLED)**

\$5 for Passholders and Seniors & \$6 for everyone else.

### Adult Swim Classes (16 years+)

**PH = Passholder**

**R-NPH = Resident-Non Passholder**

**NR-NPH = Non Resident-Non Passholder**

Activity	Day	Time	Instructor	PH	R-NPH	NR-NPH
Adult Beginner	Tu/Th	7:00pm-7:45pm	Linda	\$40	\$45	\$50
Adult Advanced Beginner	Tu/Th	8:00pm-8:45pm	Linda	\$40	\$45	\$50

# GREENBELT AQUATIC & FITNESS CENTER

## Weekday Children's Swim Lessons Registration Dates

**Summer Session I :** June 14-17, June 21-24  
 Passholders & Residents register: Sat. June 11  
 Open Registration: Sun. June 12 & Mon. June 13

**Summer Session II:** June 28-July 1, July 5-8  
 Passholders & Residents register: Sat. June 25  
 Open Registration: Sun. June 26 & Mon. June 27

**Summer Session III:** July 12-15, July 19-22  
 Passholders & Residents register: Sat. July 9  
 Open Registration: Sun. July 10 & Mon. July 11

**Summer Session IV:** July 26-29, August 2-5  
 Passholders & Residents register: Sat. July 23  
 Open Registration: Sun. July 24 & Mon. July 25

**Register in person at the GAFC between 9:00am and 2:00pm for all dates noted above.**  
**Class rates do not include use of fitness wing or pools, before or after class times.**

### Children's Swim Lessons (1 year+)

**PH = Passholder**

**R-NPH = Resident-Non Passholder**

**NR-NPH = Non Resident-Non Passholder**

Activity	Day	Time	Description	PH	R-NPH	NR-NPH
* Aqua Tots I	Tu-Fr	10:30am-11:00am	1-2 years - Parent participation	\$35	\$40	\$45
* Aqua Tots II	Tu-Fr	9:45am-10:15am	2-4 years - Parent participation	\$35	\$40	\$45
Beginner for 4's - I	Tu-Fr	9:00am-9:30am	Child does not put face in water or does not float.	\$35	\$40	\$45
Beginner for 4's - II	Tu-Fr	11:15am-11:45am	Child can float on front and put face in water.	\$35	\$40	\$45
Beginner I	Tu-Fr	9:00am-9:30am	5 years and older. Child does not put face in water or does not float.	\$35	\$40	\$45
	Tu-Fr	9:45am-10:15am				
	Tu-Fr	11:15am-11:45am				
Beginner II	Tu-Fr	9:00am-9:30am	5 years and older. Child can float on front and put face in water.	\$35	\$40	\$45
	Tu-Fr	9:45am-10:15am				
	Tu-Fr	10:30am-11:00am				
	Tu-Fr	11:15am-11:45am				
Beginner III	Tu-Fr	9:00am-9:30am	5 years and older. Child can freestyle and backstroke for 10 yards.	\$35	\$40	\$45
	Tu-Fr	10:30am-11:00am				
Advanced Beginner	Tu-Fr	9:45am-10:15am	Child can swim freestyle and backstroke for 15 yards.	\$35	\$40	\$45
Intermediate	Tu-Fr	10:30am-11:00am	Child can swim freestyle and backstroke for 25 yards.	\$35	\$40	\$45
Swimmer	Tu-Fr	11:15am-11:45am	Child has completed all other classes.	\$35	\$40	\$45

\*This is a water adjustment class.

**The Greenbelt Aquatic & Fitness Center staff asks parents & guardians to view swimming lessons from the observation area. Each adult escorting a child to Aqua Tots I and II must be dressed in a bathing suit and prepared to participate in class. Children who wear diapers are REQUIRED to wear a swim diaper underneath a bathing suit. Please do not use emergency exit doors for access to the pool deck. You may drop off and pick up children at the locker room entrance from the pool deck.**